



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

One Step at a Time

July 2007

My friend's mother sent this story to me. I tried to find its origin and credit the author but my search was unsuccessful. On the day I received this, I was having difficulty "shaking off" a disappointment with my business. This story helped put things in perspective for me so I want to share it with you.

"One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!"

The Moral of the Story: Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

Having difficulty shaking off your troubles and making it a stepping stone? I can assist you in finding a new perspective and moving forward. Contact Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326. I offer a complimentary 30-minute session to explore how coaching can work for you. Coaching sessions are offered by phone or in-person.

Special thanks to Gina Owenby and Galaxy Graphics for designing a SUPER logo. Gina can be reached at 410-300-5237 or <http://www.galaxygraphics.net>.

Upcoming Workshops

Workshop for Women – Sunday, August 12th, 1:00-3:00pm

Feeling frazzled and tired? Are you always on the run? When is the last time you took time for yourself? Take a couple of hours to stop your world and gain perspective. Learn how to eliminate energy drainers and how to say “no” gracefully. Discover why "selfish" is NOT a dirty word! Meet and connect with other women as we discuss how meeting your needs fits in with significant others, children, friendships, careers and all the rest that is your life.

Fees: \$40 per person. *Bring a friend and pay \$60 for both to attend!*

This workshop will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

The Workshop for Women will also be offered July 22nd from 1-3pm at Brick Bodies. Location and details to follow.

Back By Popular Demand...

Women Rock - July 20, 7:30-9:30pm

Challenge yourself and connect with other women. This 2-hour program will help you tap into your mental and physical strengths on the Rock Wall and in life. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, ways to approach challenges, how to be assertive, and discovered the satisfaction of internal motivation. Join us for a ROCKIN' night!

Fee: \$25 members/ \$35 non-members

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

For more information, visit www.passion-for-life-coaching.com.

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